

DIABETES SELF MANAGEMENT CLASSES – 2020

Presented by the Center for Diabetes Wellness and Prevention
 Barnabas Health Ambulatory Care Center
 200 South Orange Avenue, Livingston, NJ 07039

This class is for adults only. A physician’s prescription is required.
 We participate with insurance plans. Medicare reimbursement is also accepted.

Pre-registration is required by calling 973-322-7007.

Day Classes: Wednesdays (see below for times)

	Diabetes Classes 10:00 am to 12:00 pm (unless noted)	Follow-up Class 11:00 am to 12:00 pm (unless noted)
1 st Series	January 8 (arrive at 9:00 am), 15, 22, 29, 2020	February 26, 2020
2 nd Series	March 4 (arrive at 8:00 am, class follows from 9:00 to 11:00 am); 11; 18; 25, 2020	April 22, 2020
3 rd Series	May 6 (arrive at 8:00 am followed by class from 9:00 to 11:00 am); 13; 20; 27(arrive at 9:00 am)	June 24, 2020
4 th Series	July 8 (arrive at 9:00 am), 15, 22, 29, 2020	August 26, 2020
5 th Series	October 7 (arrive at 8:00 am, class follows from 9:00 to 11:00 am); 14; 21; 28 (arrive at 9:00 am)	December 2, 2020 (10:00 to 11:00 am)

Evening Classes: Wednesdays (see below for times)

	Diabetes Classes 6:00 to 8:00 pm (unless noted)	Follow-up Class 6:00 to 7:00 pm
1 st Series	February 5 (arrive at 5:00 pm), 12, 19, 26, 2020	March 25, 2020
2 nd Series	April 8 (arrive at 5:00 pm), 15, 22, 29, 2020	May 20, 2020
3 rd Series	June 3 (arrive at 5:00 pm), 10, 17, 24, 2020	July 22, 2020
4 th Series	September 9 (arrive at 5:00 pm), 16, 23, 30, 2020	October 28, 2020
5 th Series	November 4 (arrive at 5:00 pm), 11, 18, December 2, 2020	January 6, 2021

For additional diabetes programs and support groups, please visit rwjbh.org/sbmcevents.